

The Big Idea



Although Chiropractic is renowned for its remarkable effects on specific symptoms such as neck and back pain, headaches, migraines, muscle pains, sciatica, and arthritis, its core essence delves deeper.

Fundamentally, Chiropractic is about ensuring the optimal function of the nervous system, which controls every organ and function in our body

Dysfunctions within the spinal joints can affect overall well-being by disrupting the nerve signals between the brain and body. By identifying and rectifying these dysfunctions, chiropractors don't just alleviate immediate symptoms but enhance the entire body's function, thereby optimizing health and well-being



Physis Chiropractic

FOR ALL SPINES BIG AND SMALL

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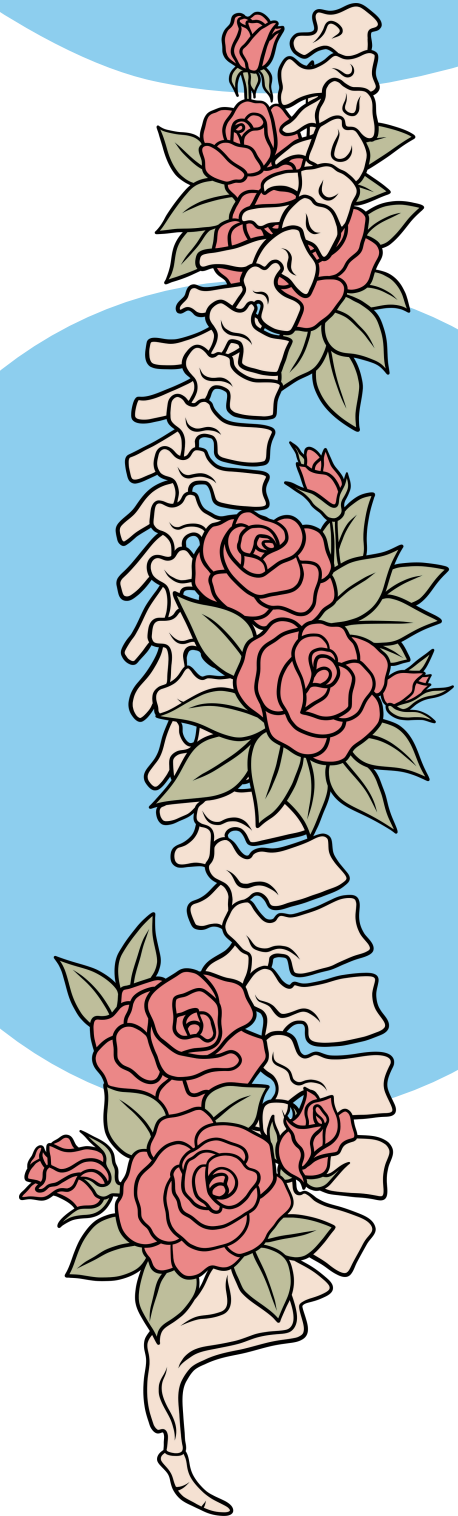
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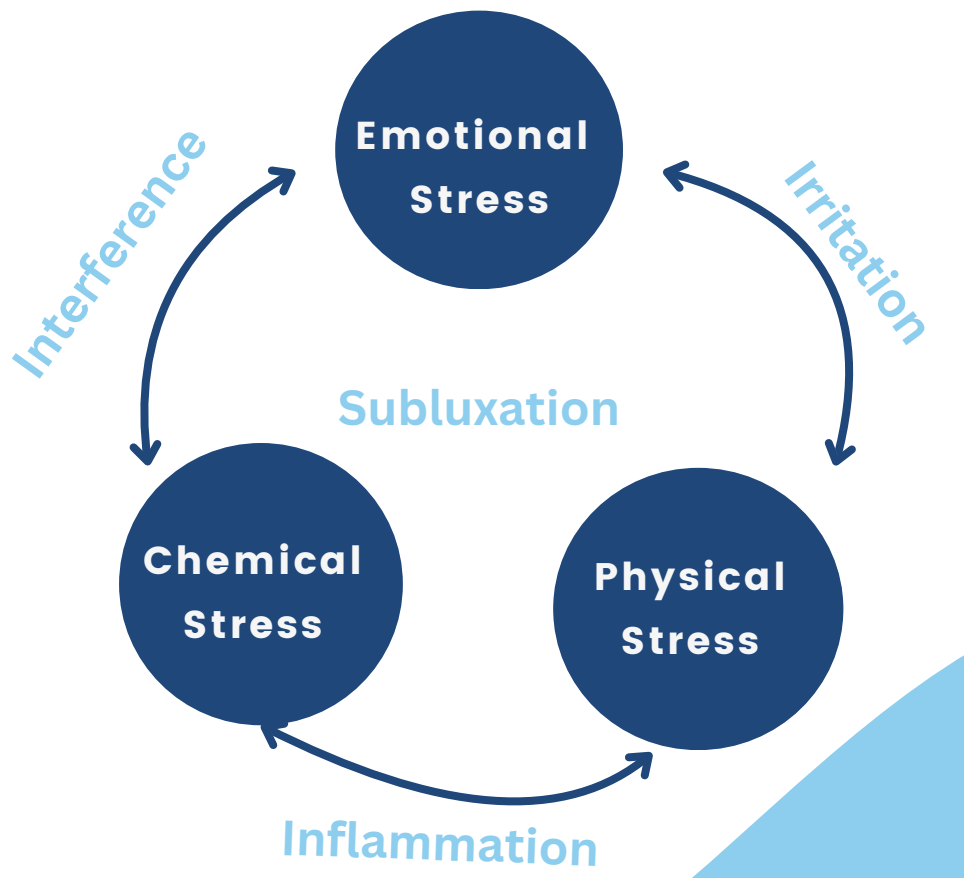


An Introduction to: Chiropractic



The Three T's of Chiropractic

THOUGHTS, TRAUMAS, TOXINS

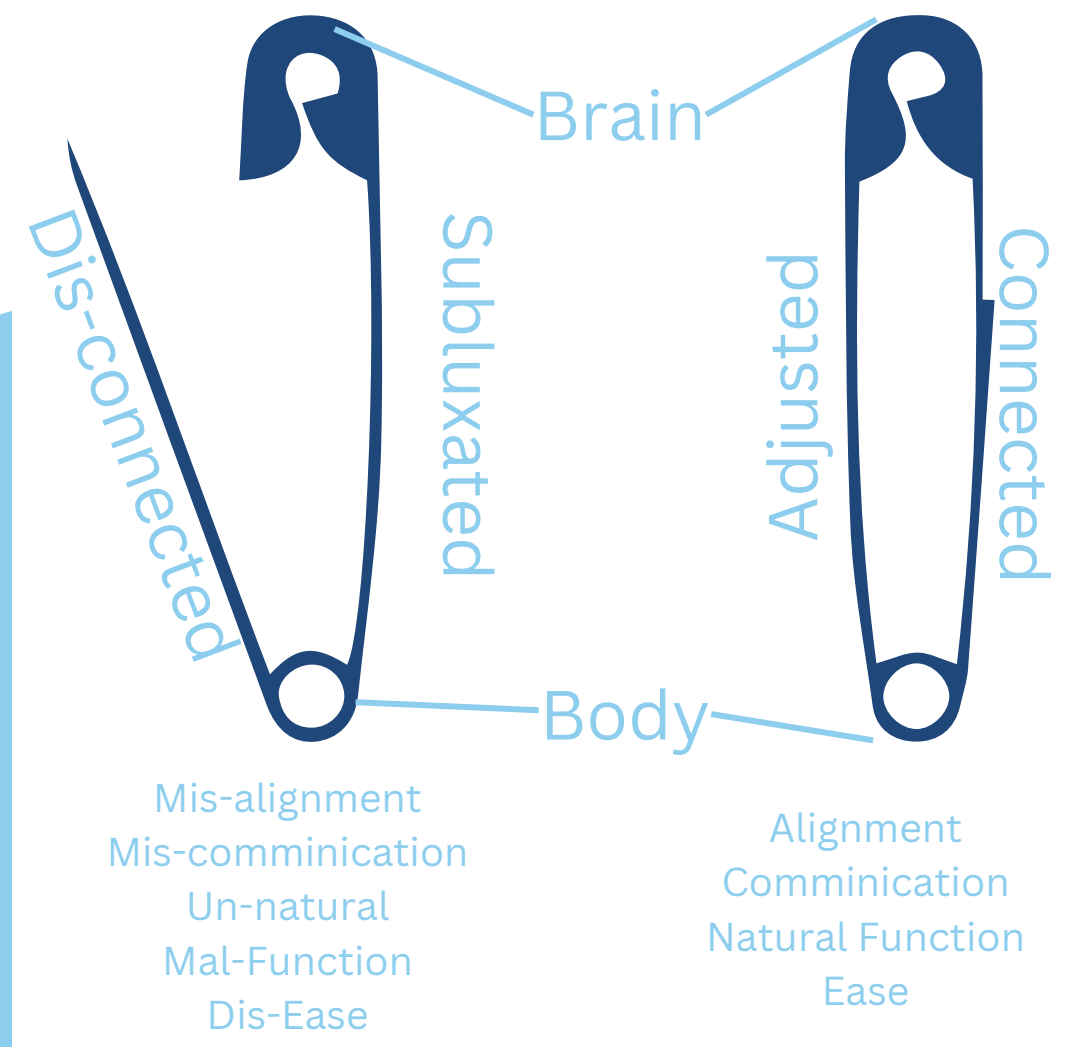


If health is dependent upon our ability to adapt to our load of stressors, we must first improve our level of ability to respond to that stress. Then, our task is to identify what those stressors are so that we can limit our exposure to them by changing our thoughts, environment, or habits.

UNDERSTANDING CHIROPRACTIC

The Safety Pin Cycle

The Nervous System relays messages between the Brain & Body



Living aligned=Living your best life!
Chiropractic Adjustments align the Brain-Body connection so you can perceive and adapt to stress, and live life more expressive and empowered!

Common Populations & Problem Areas we see:

01. Pediatrics & Pregnancy
Chiropractic care throughout pregnancy can aid in having a smoother birthing process, optimize fetal positioning, and improve pre and post partum symptoms. After the birth process, which is normally very traumatic, we can ensure the child's nervous system develops efficiently
Common Conditions: Perinatal Pain, Colic, Hyperactivity, Tongue Ties, Trouble Focusing

Athletes & Performance
Athletes benefit from Chiropractic care via improved hand-eye coordination, reaction times, muscle recruitment, circulation and decreased recovery times, injury frequency, and fatigue. Many of the benefits we see with athletes can be transitioned to recreational athletics or workouts for health maintenance as well.
Common Conditions: Sports Injuries Recovery + Prevention, Slow Reaction Times, Fatigue

02. Overworked & Overstressed
When we are stressed, the part of our nervous system which controls our unconscious functions like breathing, digestion, sleep, and posture becomes stuck in a sympathetic (fight or flight) state. Chiropractic adjustments bring you back to balance in a parasympathetic (rest & digest) state to facilitate natural healing on a neurological level.
Common Conditions: Headaches, Pain, Breathing Problems, Digestive Issues, Trouble Sleeping, Blood Pressure

03. Wellness & Health Optimization
Healing is a long, nonlinear process. Living pain-free does not mean you are actively in a healthy state. Improving and maintaining a proper brain-body connection throughout life will allow you to maintain long-term healing and unlock a deeper connection to self, others, nature, source, etc.

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